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DOH-CITRUS HOSTS “LACTATION CLUB” TO SUPPORT BREASTFEEDING MOMS

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New, expectant and experienced mothers and families are encouraged to attend the Florida Department of Health in Citrus County's (DOH-Citrus) no-cost breastfeeding meetups held every second Friday from 9:30 to 11 a.m. and every third Tuesday from 5 to 7 p.m. at the WIC Inverness location, 130 N. Montgomery Ave.

“The Lactation Club” provides families with information on what to expect as new parents, the benefits of breastfeeding, how to navigate a new baby with siblings and how to increase your milk supply, among other topics. Families will have the opportunity to engage with an experienced breastfeeding peer counselor, as well as other families, to help overcome barriers to breastfeeding and share experiences in a friendly and supportive environment.



“Studies show that peer support increases success with breastfeeding,” said DOH-Citrus International Board Certified Lactation Consultant Maret Wachira. “With more peer-to-peer breastfeeding opportunities like this one, and those already established with La Leche League, mothers can learn the ins and outs of breastfeeding from others that have been there. Together, they can work towards making breastfeeding a part of their families,” said Wachira.

The next session is from 5 to 7 p.m. on Tuesday, August 20 at the WIC Inverness location. For a list of future meetups, visit the DOH-Citrus “Events” page at www.CitrusCountyHealth.org.

For more information about DOH-Citrus, go to www.CitrusCountyHealth.org or follow us on Twitter at [@FLHealthCitrus](https://twitter.com/FLHealthCitrus).

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